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Offline dating: How to chat up a stranger in the wild. Page 24

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Aboriginal enrolment on the rise

Education. Despite a 70 per cent increase at Alberta post-secondary institutions, there's still work to do, minister says

 LEAH
HOLOIDAY
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For Jori Waskahat, applying to university was a no-brainer.

After moving to Edmonton from the Island Lake Reserve in Saskatchewan, the second-year University of Alberta student said it was really important to his father that he went to post-secondary school.

"From a very young age, I've wanted to go to university or college," said the 22-year-old. "My dad really made sure I went to school. He dropped out at the age of 13. He was in Grade 6."

More aboriginal students are enrolling in Alberta post-secondary institutions, with the province seeing a 70 per cent increase of students since 2004-05. Aboriginals now make up about four per cent of the total student population, where they previously accounted for only 2.6 per cent.

U of A provost Lisa Col-



Second-year U of A student Jori Waskahat plans on applying to law school once he completes his undergraduate degree. LEAH HOLOIDAY/METRO

lins credits the increase to the school's programming, like the Transition Year Program, which caters to aboriginal students.

"We have set an important goal for ourselves at University of Alberta," said Collins. "We strive to have the university's

student population attain a level that's at least proportionate to the aboriginal population of the province."

About 6.2 per cent of Alberta's population self-identifies as aboriginal; roughly 2.95 per cent of U of A undergradu-

ates identify as aboriginal.

"(It's) not quite as high as we'd like to see, but we are seeing small but important increases," said Collins, noting the rate has increased from 2.61 per cent in 2010.

Craig Loewen, press secre-

tary to Alberta Advanced Education Minister Don Scott, said the province is taking steps to boost aboriginal post-secondary enrolment but conceded there's "quite a ways to go."

Last May, for example, the ministry poured \$400,000 into

2013 data

Education level of aboriginal Albertans, ages 25-64:

- University degree: 8.8% (compared to 27% among non-Aboriginals)
- Post-secondary certificate/diploma: 39.6% (compared to 35.8%)
- Some post-secondary: 7.1% (compared to 5.2%)
- High school graduate: 22.2% (compared to 22.5%)
- Some high school or less: 22.3% (compared to 9.5%)

the Indspire Building Bright Futures Program, an amount matched by the federal government. Indspire is the second-largest funding agency of indigenous post-secondary education in Canada, outdone only by the federal government.

Loewen said Scott is "looking at a few different initiatives and a few changes to the way we do things to increase aboriginal participation and (he's) hoping to make those changes within the year."

As the first of his family to go to university, Waskahat hopes to apply for law school after his undergrad.

WITH FILES FROM JEREMY NOLAIS



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University

MacEwan to hike parking fees

Students, staff and visitors at MacEwan University can expect to dish out some extra dollars this summer now that the school has announced a hike to parking fees.

According to a letter addressed to pass holders from co-ordinator of transportation, print and mail services James Macdonald, parking rates will go up July 1 to stay consistent with rates in the surrounding area.

"At current rates, parking is not economically sustainable; the increase is necessary to ensure that university parking becomes viable over the long term," the letter said.

For several locations, parking fees will increase by more than \$100. Parking at the City Centre Underground and the Robins Underground Parkade will jump from \$134.40 to \$233, plus tax.

Current pass holders are being given the opportunity to switch to a less-expensive location if they plan on keeping their pass for the summer and fall.

Student Association of MacEwan University president Cam McCoy said some students will be shocked with the increase, but costs like parking tend to go up.

"Though we wish it wasn't this way, I don't think this comes as a shock in the sense that we know over time our school is going to increase parking. I don't think we realized it would be this early on, but it's kind of part of that university experience in the modern setting," he said.

LEAH HOOLIDAY/METRO



The new arena will have 52 per cent of the seats in the lower bowl, which is higher than the 37 per cent of seats in Rexall Place's lower-bowl area.
COURTESY CITY OF EDMONTON

Oilers defend survey on game ticket prices

Hockey. Team's president says study is just a step to understand how their fans feel



RYAN
TUMILTY

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The Edmonton Oilers stressed Monday that higher prices, released in a survey to season-ticket holders, are just research and not set in stone.

Oilers president Patrick LaForge said the survey, which indicated prices from \$1,950 per seat to \$14,400 per seat, is just a research step to understand how fans feel.



Oilers president Patrick LaForge

RYAN TUMILTY/METRO

"You can't do better than ask your customers what they want," he said. "It's consistent with what we have been doing for years."

LaForge said the Oilers have been asking fans what they want in a new building for sev-

en years now.

"We intend to follow the research and what they're telling us. Smart companies do that," he said.

He said they do hope to make sure families will be able to afford a game.

"There will be a range of seats with appropriate amenities for everyone in Oil country," he said.

LaForge said the team is very grateful for the loyal fans that have stayed with the team and they're hopeful it will stay that way in the new building.

"Through thick and thin, the building has been sold out, and we hope that in Rogers Place it will be the same," he said.

Mayor Don Iveson said de-

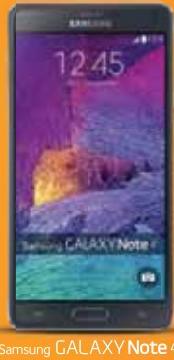
At a glance

- The new arena will have a seating capacity of 18,641.

- According to the latest city update, the project is on time and on budget and should open in 2016.

spite the city's involvement in building the new rink, the city's only concern with ticket prices is that the Oilers pay their share of arena costs.

"The Oilers are going to set whatever price they think they can sell the building at and they can set that price. The city doesn't have a role in that," he said.



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Co-housing project coming to Old Strathcona pending zoning change

Real estate. Proposed complex would enable more interaction and collaboration with neighbours

More info

The group is holding an information session on Feb. 22 at the Strathcona library branch, where more details on the project will be hammered out.



STEPHANIE DUBOIS

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Those looking to get to know their neighbours on a whole other level could find solace in a new type of housing set to come to Old Strathcona.

The 25-unit buildings will be open to all generations as Edmontonians get ready to embrace a different type of real estate known as co-housing.

"The idea is you own your home and you have a bathroom, kitchen, everything as you would in a regular condo, but you build a common area and get to know your neighbours," said Della Dennis, member of the Urban Green

consensus. People who aren't comfortable with collaboration and like to fly solo, I think might find it difficult," said Dennis.

"The wonderful thing about co-housing is it allows you your privacy and solitude and you don't have to make a great effort to find companionship."

It will only be in about two-and-a-half to three years' time that residents will be able to move into the building, which will strive to be as energy-efficient as possible with units starting in bachelor sizes and going up to units that will have four bedrooms.

"It's a really innovative way to do infill. It builds community and we want to not only build a village in the city but we also want to have a healthy relationship with the larger community as well," said Dennis.

Despite misconceptions, co-housing projects do differ from co-operative housing mainly in that there is no board of directors with co-housing projects, said Dennis.

"We make all of our decisions on consensus," she added.

But the housing model isn't always for everyone, said local housing officials.

"It takes a lot of patience by making decisions through

Follow Stephanie Dubois on Twitter @MetroSteph



Old Strathcona will get a new type of housing in its mix as future residents look forward to joining a neighbourhood that will encourage easy accessibility for future co-housing owners. METRO FILE

Development plan sent back for more density



Coun. Ed Gibbons accused a colleague of bullying developers over a proposed development plan for the Decoteau area. COURTESY CITY OF EDMONTON

A deeply split council sent a plan for one of Edmonton's last open spaces back for changes Monday night, as accusations flew that some on council were trying to bully the development industry.

Councillors were debating a new plan for the Decoteau area, which is in the far southeast corner of the city and expected to be developed over decades.

The proposed plan would turn what is now mostly farmland into five largely residential neighbourhoods.

When Coun. Amarjeet Sohi proposed sending the plan back for a month so developers could look at adding more homes to the area, Coun. Ed Gibbons and several others pushed back and said it would be a waste of time.

Gibbons accused Coun. Michael Walters of forcing the change on developers.

"This is about bullying," he said and then refused to apologize for the remark.

The move to revise the plan passed 6-5.

Walters said he raised his concerns about the density in the area when he first saw the plan and is only asking the developers to consider changes.

"So far, my bullying is of

a collaborative and kind approach," he said.

He said he wants to see more density because sprawling residential communities cost the city more in the long run.

"We have to make the best possible use of the land we develop on and that's where we save money as a city and that's why we have to be firm."

RYAN TUMILLY/METRO



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Downtown

Man attacked in food court W.C.

A man is in hospital after he was assaulted at a downtown food court washroom Monday afternoon.

Police say the man was assaulted with a weapon at the Scotia Bank food court's washroom. Two men have been taken into custody. Police are still searching for a third suspect. **METRO**

Spruce Grove

Missing dog a police case

A wiener dog is missing and Spruce Grove RCMP are asking for the public's help.

The long-haired dachshund was snatched from its owner's vehicle in mid-January as the owner switched car seats into a nearby vehicle.

The dog was taken from the vehicle while parked at a rest stop on Highway 16 and 16. **METRO**

Secondary 770, west of Stony Plain.

Mia-Mia the dachshund has a shiny reddish-brown coat and has been missing for a month.

The suspect vehicle is described as a dark-coloured 2010-12 Ford F-250 or F-350. There was a man and a woman in the vehicle. The man was approximately six feet tall with long, wavy, dirty blonde hair. The truck took off westbound on Highway 16. **METRO**



Mia-mia has been missing for a month. CONTRIBUTED

Mightywheels blogger has bigger plans

Quoted

"I would like to be in a completely wheelchair accessible world."

Timothy Maxwell

anger into inspiration," he said.

Having blogged since 2009, Maxwell hopes to gain "equal accessibility for all" by making sure the message is heard loud and clear by Edmontonians. He's planning of going the way of fellow Canadian Rick Hansen and eventually turning his cause into a non-profit so it can effect change in the city.

Timothy Maxwell, who uses a wheelchair due to a brain stem injury, says the need is so dire that he has the city's 311 on speed dial to report the uncleared sidewalks or paths that need fixing.

He says Edmontonians should lend a helping hand to those who may need help getting around when conditions aren't great. But that's not always the case.

"My inspiration to use the blog is no one will help a person in a wheelchair and that made me angry. I turned my

anger into inspiration," he said.

Having blogged since 2009, Maxwell hopes to gain "equal accessibility for all" by making sure the message is heard loud and clear by Edmontonians. He's planning of going the way of fellow Canadian Rick Hansen and eventually turning his cause into a non-profit so it can effect change in the city.

Along with fellow bloggers and others with mobility issues, Maxwell wants to also take it one step further and "film a free accessibility reality show," he wrote on his blog. On the show, he and others would "ride the city's ETS bus around, finding non-accessible areas and businesses, and bringing attention to them."

Eventually, he would like to see a city that one day considers the needs of all of its citizens.



Mightywheels blog, started by Timothy Maxwell, was created to spread the word about wheelchair accessibility but also as a resource for those with mobility issues. SCREENSHOT/METRO

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Attention, shoppers: Surf's up at West Edmonton Mall

Water park.

Mall surf club 200 members strong

Already one of Alberta's biggest tourism draws, the consumer mecca of West Edmonton Mall is also becoming an unlikely magnet for surfers.

"It's just surreal," says Jono Kusyanto, a lifeguard at the mall's water park who now doubles as Big Kahuna of its surf club.

"You come into this tropical dome and you can surf. It's like real surfing."

"My friend Kris says, 'I woke this morning, I brushed all the snow off my car and I went for a surf session.'"

Four times a week, the mall's wave pool — the biggest indoor wave pool in the world, say officials — is given over to surfboard lessons or surf bros hangin' out and hangin' 10.

Some ride the newly installed Tsunami, where pumps drive thousands of litres of water up and over a vinyl ramp at 50 kilometres an hour. The continuous sheet wave that results lets riders carve in, spin around and work on tricks.

"It's like a combination of all the board sports — surfing, snowboarding, skateboarding — all combined into one," says Kusyanto, a 23-year-old



A surfer rides at a wave pool at West Edmonton Mall in Edmonton in this undated handout. COURTESY WEST EDMONTON MALL

Edmonton native who started surfing at age 10 under the tutelage of his Balinese father.

It all started, he says, during training sessions for the water park's lifeguard staff. Because of the pool's artificially generated waves, surf rescue skills are part of the requirements.

"We started playing in the

pool and I said, 'OK, we'll turn the waves on and train with the waves on,' and from there we started having a little bit of fun," says Kusyanto.

"We had these rescue paddleboards and they're very, very similar to surfboards. So we started surfing in the wave pool with them and you could get a real ride. It's very, very

similar to surfing."

The mall decided to open the experience to the public. It hasn't been widely advertised, but Kusyanto says the West Edmonton Mall surf club now has about 200 members and it's not unusual to see 25 surfers catching waves on a Thursday night.

THE CANADIAN PRESS

Quoted

No one believes me. You tell anyone from New Zealand and Australia and they'll laugh. They think it's a joke."

Jono Kusyanto

Education

Survey: Albertans concerned about classroom support

More than 80 per cent of Albertans polled in a recent survey said there is a lack of support staff in classrooms across the province.

According to the Alarm Bells Ringing: Voices from Schools report, released by Public Interest Alberta, 434 individuals including teachers, students, school staff and parents highlighted some of the most concerning classroom conditions in the province.

Growing class sizes, more complex classroom makeup and a lack of resources to address a variety of student needs were some of the main concerns, the report found.

In one case, a retired Airdrie principal recalled a situation when a teacher was bitten so badly by a student that they drew blood. As a result, the staff was issued protective gear.

"Give me a break," they wrote. "This is not the role of the regular classroom teacher."

PIA's executive director Bill Moore-Kilgannon said the organization launched the survey in November last year after hearing anecdotally about classroom issues.

"We've been hearing for quite some time about problems with class sizes increasing and the issues of inclusion of children with special need in classes without enough support staff," he said. LEAH HOLODIA/METRO

RICK MERCER REPORT

Rick is in Ottawa to help set a Guinness World Record for the most snowmen built in an hour.

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Education. Harper halts movement on reforms, but funds in limbo: AFN chief

The new national chief of the Assembly of First Nations says Prime Minister Stephen Harper personally told him that the Conservative government will not move ahead with its controversial overhaul of aboriginal education.

That raises a big question mark over what happens to the \$1.9 billion tied to the original bill, which has been in limbo since last spring when chiefs from across Canada flatly rejected its proposed reforms to First Nations education.

Perry Bellegarde said he asked Harper on Jan. 28 not to "re-profile" the money — in other words, not to use funds set aside for First Nations education in last year's budget for another purpose — but added that he did not leave his meeting with the prime minister with a sense of optimism.

Egypt. Fahmy's family launches online campaign

The family of a Canadian journalist languishing in an Egyptian prison launched an online campaign Monday, urging Prime Minister Stephen Harper to intervene in the case of Mohamed Fahmy.

Fahmy's family called on supporters to use the hashtag "HarperCallEgypt" in their efforts to encourage the prime minister to urgently lobby for the 40-year-old's release this week.

The initiative came a day after Egyptian authorities announced a date for Fahmy's retrial — a move that shocked him and his family, who had previously been told by then-foreign affairs minister John Baird that his release

Lawsuit

Aborigines who were adopted into white families during the so-called '60s Scoop are suing the federal government for their loss of culture and emotional trauma. Almost 1,200 adoptees have filed a class-action lawsuit seeking compensation from Ottawa.

about the education money.

Bellegrande warned of the message it would send to First Nations if the government decides to reassigned the education funding.

"It would signal that they're not in touch with communities, not in touch with the needs and basically putting First Nations issues to the side when it comes to education." THE CANADIAN PRESS



Former Conservative MP Eve Adams, left, was joined by Liberal Leader Justin Trudeau as she announced on Monday in Ottawa that she is leaving the Conservative Party to join the Liberals. JUSTIN TANG/THE CANADIAN PRESS

Ontario MP calls Tories 'fear-mongers and bullies'

Federal politics.

Former Tory MP Eve Adams crossed the floor Monday to join Liberals

Justin Trudeau's Liberals scored a two-fer Monday.

Toronto-area Conservative MP Eve Adams crossed the floor to sit with the Liberals.

And her surprise defection had the full support of her fiancé, former top Conservative operative Dimitri Soudas — long considered one of Stephen Harper's fiercest loyalists and an architect of the Tories' re-election strategy for 2015.

Within hours, Soudas made it clear he's prepared to use his inside knowledge of the Con-

servatives against them.

"Mike, stand down on throwing stones from glass houses," he tweeted in response to what he considered a jab at Adams from Edmonton Tory MP Mike Lake.

"What did you ask me to do again?"

Conservatives cast Adams' decision as opportunism by a woman spurned by the governing party. Party president John Walsh said Adams previously asked about running in another riding after the party barred her last summer from running in Oakville North-Burlington. But Adams and Trudeau cast her move as a matter of principle.

"This is not about having a tough day at the office; everybody has grumpy bosses from

Cabinet shuffle

Jason Kenney took charge of the defence portfolio Monday in a cabinet shuffle.

- Rob Nicholson took over foreign affairs, and Pierre Poilievre will take over Kenney's former job as minister of employment and social development.

time to time," Adams said.

"This is about the fact that my values simply don't align with this (Conservative) team, and I'd like to continue serving Canadians."

Trudeau noted that she continued to serve as a parliamentary secretary to the health

minister right up until she resigned Monday. Parliamentary secretaries are appointed by the prime minister and are one rung down from cabinet.

"I can no longer support mean-spirited leadership that divides people instead of bringing them together. We need a kind, generous and strong leadership that champions a shared vision for how to make Canada work for everyone. I want to work with someone who inspires, not with fear-mongers and bullies."

However, NDP Leader Tom Mulcair accused Trudeau of "stoking cynicism" about politics by welcoming an MP who, until Monday, had supported "every single decision" taken by Harper for the past nine years. THE CANADIAN PRESS

MOM, POP & TOTS fair

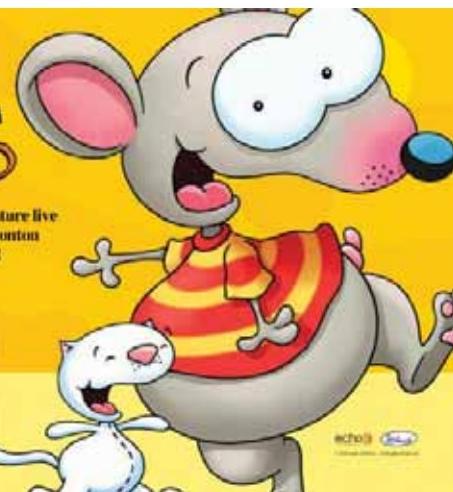
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Family still waiting for liver donor for one of ailing twin toddlers

Health. Three-year-old twin daughters of Ontario couple both need liver transplants, but their father, who is a match, can only donate once

An Ontario couple is still waiting for a liver donor to save one of their ailing twin girls despite intense media attention after going public.

The three-year-old girls' father — Michael Wagner — will donate part of his liver sometime in the next few weeks, but he can only save one of his daughters.

Johanne Wagner, the girls' mother, says she will sign up as a potential donor in a few months if another one isn't found by then.

The twins — named Binh and Phuoc — have Alagille syndrome, a genetic disorder that affects the liver, heart and other

wrong with his transplant surgery. Michael underwent final testing last week at the Toronto General Hospital and is now awaiting the date of the surgery, he said, which should come within the next few weeks.

The couple's story has led to a stark increase in interested donors, said Gary Levy, who runs the liver donor program at the hospital. As of Wednesday, the hospital had received 436 applications in just a few weeks, Levy said.

In the past week he's met with about a dozen candidates who want to donate their liver to one of the twin girls.

For the Wagners, waiting for the second donor is the toughest part.

"We're trying to keep ourselves busy," Johanne Wagner said. That's the easy part with nine children bouncing around the house.

Michael Wagner continues to struggle with the fact that he is a match for both girls, but cannot donate his liver twice.

THE CANADIAN PRESS

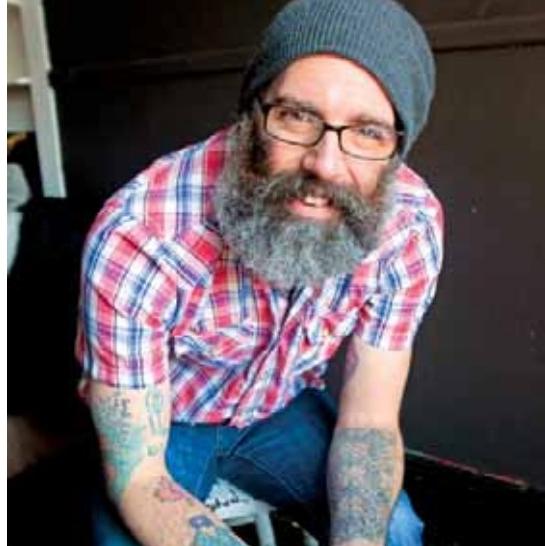
In detail

- The hospital hopes to have a second donor for the twins lined up shortly, said Gary Levy, who runs the liver donor program at the hospital.
- There are 227 Ontarians who need liver transplants, according to the Trillium Gift of Life Network.
- Last year, 84 people who needed livers died before getting one.

organs, and without a liver transplant the girls will die.

The parents, who have nine kids, have asked doctors to decide which of the twins will receive their father's liver because they said they cannot choose.

Michael Wagner said his wife hasn't been tested yet because she needs to be there for the kids if something goes



A father-son tattoo project

Keith Anderson shows tattoos on his arm Thursday in Peterborough, Ont. Anderson's tattoo were copied from his 11-year-old son's artwork. When he looks at the daisy tattoo on his arm that his young son drew, he thinks of his boy's first day of school. He is taken back to that day in 2008: Kai's curly hair, his backpack and his timidity. His father was proud and scared. The memories come easily to Anderson because so many are etched into his right arm — he has eight tattoos of his son's drawings and more are coming. "It's another deep connection you can have with your kid," Anderson said.

PHOTO: FRED THORNHILL/THE CANADIAN PRESS; TEXT: THE CANADIAN PRESS

Outbreaks

Tests suggest Toronto measles not linked to Disneyland

Early evidence suggests Toronto's measles outbreak is not linked to the growing outbreak in the United States that appears to have started at

the Disneyland theme parks in California.

Toronto Public Health said Monday that viruses from four of the six confirmed cases in the city have been typed, and they do not match the Disneyland outbreak strain.

The viruses are from a strain known as D4, said Dr. Vinita Dubey, an associate

medical officer of health with Toronto Public Health.

The virus responsible for the theme-park outbreak is B3, which was the cause of a very large measles outbreak in the Philippines in 2014.

Test results are still pending on the virus type for the two most recent measles cases in Toronto, said Dubey.

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Obama, Merkel reaffirm unity in securing Ukraine peace plan

Foreign affairs.

While Obama mulls defensively arming Ukrainian forces, Merkel stands strong in non-military approach

U.S. President Barack Obama and German Chancellor Angela Merkel declared Monday that Russian aggression in Ukraine has only reinforced the unity of the U.S. and Europe, as they weighed the prospects of reviving an elusive peace plan to end the conflict.

Still, Obama held open the prospect that if a new round of diplomacy this week fails, the U.S. could send Ukraine's beleaguered military defensive weaponry. Merkel and other European leaders staunchly oppose arming Ukraine, in part out of fear of sparking a proxy war with Russia.

The U.S. and Europe have largely been in agreement on their response to the conflict

Stephen Harper

Merkel stops in Ottawa

German Chancellor Angela Merkel met with Prime Minister Stephen Harper for 45 minutes Monday evening following a meeting with U.S. President Barack Obama earlier that day.

Merkel said she is leaving North America with the support of both the U.S. and Canada to back a peaceful, diplomatic resolution to end the ongoing hostilities in east Ukraine.

THE CANADIAN PRESS

between Russia and Ukraine, raising the prospect that a public split over lethal aid is a tactic to push Russian President Vladimir Putin to agree to a peace plan.

During a joint White House news conference with Obama,

Merkel reaffirmed that she sees no military solution to the fighting in eastern Ukraine. However, she added that no matter what Obama decides, "the alliance between the United States and Europe will continue to stand."

Merkel and French President Francois Hollande met with Putin and Ukrainian leaders last week and announced a new summit meeting for Wednesday in Minsk, Belarus.

Merkel, who has perhaps the most productive relationship with Putin of any Western leader, said reaching a diplomatic agreement was crucial to keeping the peace in Europe.

"I myself actually would not be able to live without having made this attempt," she said through a translator.

More than 5,300 people have been killed since fighting in eastern Ukraine began in April, according to a UN tally.

Obama gave no indication of how quickly he would make a decision on increasing military assistance to Ukraine.

THE ASSOCIATED PRESS



German Chancellor Angela Merkel listens as U.S. President Barack Obama speaks during their joint news conference in the East Room of the White House in Washington on Monday. **EVAN VUCCI/THE ASSOCIATED PRESS**

Jury selection begins in 'American Sniper' trial



Chris Kyle **PAUL MOSELEY/THE FORT WORTH STAR-TELEGRAM/THE ASSOCIATED PRESS**

Jury selection began Monday in the trial of the man accused of fatally shooting a former Navy SEAL depicted in the Oscar-nominated film American Sniper.

More than a dozen people were dismissed Monday morning in Stephenville, Texas, where former Marine Eddie Ray Routh is charged with capital murder in the deaths

of 38-year-old Chris Kyle and Kyle's friend, 35-year-old Chad Littlefield.

A challenge facing authorities is ensuring a fair trial just as the movie based on Kyle's memoir continues to make millions at the box office.

The county's top prosecutor told prospective jurors Monday that he knew many of them will have seen the

movie, which depicts Kyle's stories of serving four tours in Iraq.

"It's hard not to have knowledge of this case," Erath County district attorney Alan Nash said. "It's pervasive."

Seeing the movie or reading Kyle's book won't be disqualifying on its own, according to both Nash and State District Judge Jason Cashon,

who will oversee the trial.

Nash asked potential jurors if they were unable to set aside what they'd already heard about the case. No one among about 130 potential jurors in court raised their hand.

Instead of a typical Erath County jury pool of 175, about 800 jury summons were sent out, district clerk

Wanda Pringle has said. About 260 potential jurors reported to the courthouse Monday.

Routh's attorneys plan to pursue an insanity defence stemming from post-traumatic stress disorder (PTSD). Prosecutors have said they won't seek the death penalty for Routh, who faces life in prison without parole.

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Shawn Williams and Justin Lewis kiss after being married by Angela Farmer in front of the Lee County Courthouse in Opelika, Ala., on Monday, despite state Chief Justice Roy Moore's last-minute bid to block same-sex marriages in Alabama. TODD J. VAN EMST/OPELIKA-AUBURN NEWS/THE ASSOCIATED PRESS

Top U.S. court allows Ala. gay marriage

LGBTQ rights. State's order comes as the Supreme Court prepares to make a countrywide decision by late June

The U.S. Supreme Court refused to block same-sex marriages in Alabama on Monday, an order one dissenting justice said is a signal his colleagues have decided gay and lesbian couples have a right to marry in the U.S.

Alabama, one of the country's most conservative states, began issuing marriage licenses to same-sex couples promptly after the Supreme Court let a hold that a federal judge had placed on gay marriages expire.

The Alabama order comes as the Supreme Court heads toward a potentially historic, countrywide ruling on the divisive social issue.

Last month, the high court announced it would hear arguments on whether gay

couples have a right to marry in the United States. A decision is expected by late June.

In a dissenting opinion, conservative Justice Clarence Thomas criticized his colleagues for refusing to block same-sex marriages in Alabama until the high court resolves the issue nationally.

Thomas said the court's Alabama order is a signal that the justices already have decided they will declare that same-sex couples have a right to marry under the Constitution.

Alabama became the 37th U.S. state where gays can legally wed. Same-sex matrimony is now banned in only 13 of the 50 states.

The state's Chief Justice Roy Moore had made an 11th-hour attempt to block the weddings, ordering all probate judges to refuse to issue licences.

Local media reports showed that at least 11 of Alabama's 67 counties refused to issue marriage licences Monday.

THE ASSOCIATED PRESS

Australia

Surfer dies after shark attack

A Japanese national was killed Monday after a shark tore off his legs while he was surfing off Australia's east coast, officials said.

The 41-year-old man was sitting on his board waiting for a wave when the shark came up behind him and grabbed the

back of the board and the man's legs in its mouth, said David Wright, mayor of the New South Wales town of Ballina, where the attack occurred.

The man's friends, who had been surfing alongside him, rushed him to shore, where they tried to stop the bleeding with tourniquets and performed CPR.

"But because both legs were gone, he bled to death very quickly," Wright said.

THE ASSOCIATED PRESS

China

Exonerated man's parents watch killer's conviction

The parents of a man executed for murder and rape and then posthumously exonerated 18 years later watched Monday as a court in northern China convicted and sentenced another man for those crimes, according to state media.

The Hohhot Intermediate People's Court in Inner Mongolia said in a statement it had convicted serial killer and rapist Zhao Zhihong of murder and rape and sentenced him to death.

The official Xinhua News Agency reported those charges referred to the murder of 10 people and the rape of 13 women and girls between April 1996 and July 2005, including a 1996 rape and murder of a woman in a cotton mill. **THE ASSOCIATED PRESS**



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Police tear gas created 'whirlpool' of chaos: Survivors of deadly stampede

Egypt. Violence seen by many as political following past clashes between soccer fans and security forces

Survivors described it as a corridor of death: a narrow route of high, chain-link security fences and barbed wire that thousands of soccer fans were filing through before entering the stadium to watch their team play.

Then, mayhem broke out. Those at the front of the line were turned back by police. Those in the back continued to press forward. Jittery police fired tear gas into the middle of the crowd, creating what survivors said was "like a whirlpool" — sucking people into a crush of bodies with no way out.

The stampede killed 22 people Sunday night at the Air Defence Stadium, a military

facility in an eastern suburb of Cairo, prior to the game between Egyptian Premier League clubs Zamalek and ENPPI.

Political factions Monday called for the resignation of the interior minister, who heads the security forces. Police were criticized for incompetence and for callous disregard for life. In a further show of insensitivity, Sunday's match went ahead despite the deaths, ending in a 1-1 tie. A Zamalek player who refused to play was punished, with the team cancelling his contract.

Many saw the violence as political — police settling scores with fans who have often clashed with security forces even before the 2011 uprising that toppled Hosni Mubarak and other unrest that has followed in the country.

"I never thought they would fire tear gas here. I thought it would be impossible and they would realize that people would for sure die," Mahmoud,



An Ultras Al-Ahly soccer fan, left, and an Ultras White Knights soccer fan pray on Monday for people who were killed the day before in a riot outside the Air Defense Stadium at Cairo University in Egypt. Egypt's cabinet has indefinitely suspended the national soccer league after more than 20 fans died. ROGER ANIS, EL SHOROUK NEWSPAPER/THE ASSOCIATED PRESS

a 27-year-old survivor, told The Associated Press.

Only 10,000 tickets were distributed for the 35,000-seat stadium, but hundreds more tried to enter. The crowds had

to make their way through slow security searches and the corridor of fences that led to a single, small secondary gate — not the larger main entrance.

Authorities said all 22 vic-

tims died of suffocation from tear gas and the stampede, according to Hesham Abdel-Hameed, a spokesman for the state's forensics agency.

THE ASSOCIATED PRESS

Strained relations

The scene was all too familiar. Almost three years to the day, 74 soccer fans were killed in an unprecedented stadium riot in Port Said, where the Al-Masry team hosted a match with rival Al-Ahly of Cairo, as police watched and failed to intervene.

- That Feb. 1, 2012 bloodshed prompted the cancellation of the national championship, further entrenching the hostility between police and soccer fans.
- Sunday's match was the first Egyptian Premier League game in which fans were allowed back into the stadiums since the 2012 riot, adding to the excitement of the fans of Zamalek, one of Egypt's two top teams.

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Micro condos to face first test, experts say

Investment units.

Sales of 3,000 shoebox apartments in Toronto nearing completion could spur developers to build more to satisfy demand from investors



A rendering of a micro loft in Vancouver. Reliance Properties restored the former single occupancy hotel into rental units with an average size of 265 square feet. COURTESY RELIANCE PROPERTIES/THE CANADIAN PRESS

The appeal of so-called shoebox condos — no larger than the size of two average living rooms — will face its first real test in Canada this year, with an influx of the compact homes set to hit the country's largest real-estate market.

Investors are betting on big returns from young renters who can't afford to buy in the red-hot real-estate market and don't mind living in a unit about 500 square feet, where their dining table might have to fold down into a bed.

Although developers are pitching micro condos as an

affordable entry point into the market, brokers say it's mostly investors — catering to a demographic of young professionals increasingly flocking to the downtown core — that's driving demand.

Micro suites tend to fetch higher rents per square foot than larger units, as many renters are willing to live in a slightly smaller space in order to save a bit on costs and live closer to the city core.

Shaun Hildebrand, vice-president of condo research firm Urbanation, says condos under 500 square feet can bring in well over \$3 per square foot, while the rest of the market averages around \$2.50 or \$2.60.

There are nearly 3,000 micro condo units under construction in Toronto that are slated to be completed this year, Hildebrand says. If investors snap them up, that could spur developers to build more of the micro units to satisfy demand from investors.

The challenge comes in securing a mortgage for the micro units. Brokers say Canada's five biggest banks are hesitant to provide financing for units below a certain minimum square footage, concerned that investors will sell off the properties if the housing market starts to slide.

THE CANADIAN PRESS

HSBC's Swiss branch helped rich dodge taxes: Documents

HSBC's Swiss private bank hid millions of dollars for drug traffickers, arms dealers and celebrities around the world as it colluded to help them dodge taxes, according to a report based on leaked documents that lifts the veil on the country's banking secrecy.

The report, published Monday, suggests the bank, which is based in London but has operations globally, not only turned a blind eye to the illegal activities of its clients but actively helped them avoid taxes.

A former HSBC employee-turned-whistleblower, Hervé Falciani, gave the data to French tax authorities in 2008. France shared it with

Clients

The International Consortium of Investigative Journalists said clients included former and current politicians from Britain, Russia, Ukraine, Kenya, India, Mexico, Lebanon, the Democratic Republic of the Congo, Zimbabwe and Algeria.

together with The Guardian and the BBC in Britain.

The leaked documents, which mainly cover the years 2005 to 2007, relate to accounts worth \$100 billion US held by more than 100,000 people and legal entities from 200 countries.

HSBC served those close to the regimes of former Egyptian President Hosni Mubarak, former Tunisian leader Ben Ali and Syria's Bashar Assad.

HSBC stressed that the documents were from eight years ago and said it has since implemented initiatives designed to prevent its banking services from being used to evade taxes or launder money. THE ASSOCIATED PRESS



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Toys for boys plays well for Hasbro

The appetite for superheroes and robots in disguise, such as Transformers, led to a healthy fourth quarter at Hasbro, even as a shift toward electronics has challenged the traditional toy industry. Hasbro said Monday that sales of toys geared toward boys increased 21 per cent while sales of toys for girls fell 10 per cent. THE ASSOCIATED PRESS FILE

Online entertainment

Netflix launches service in Cuba

Netflix is launching its movie and TV show streaming service in Cuba as credit and debit cards become more widely available. Only 27 per cent of Cuba's population has access to the Internet, but Netflix is banking on more people getting Internet access as the U.S. eases sanctions against Cuba. THE ASSOCIATED PRESS

Market Minute

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VOICES

A DESIRE FOR DESIRE LINES

Fostering informal cross-country ski paths and formalizing them as a community resource is the most interesting thing about Ski2LRT, Jay Smith writes



JAY

SMITH

edmonton@metronews.ca

Trying to ski the Ski2LRT paths had me thinking about desire lines.

My daughter and I arrived at Century Park station to check out the project and try out the ski routes surrounding the station. Except we couldn't find any of them.

Desire lines are the paths that humans create going from point A to point B. Footpaths worn in the grass cutting off the corners of sidewalks are desire lines. Or across a field between a bus stop and a grocery store. Observing desire lines and then building the sidewalks or bike routes means that urban spaces are more effective, more intuitive, more efficient.

In learning more about the Ski2LRT project, initially proposed on Make Something Edmonton as a ski lockup at Century Park LRT station, I realized that the most interesting thing wasn't necessarily the lockup. The ski lockup is fabulous, don't get me wrong: it's simple and sturdy and impressively secure. It's easy to use and it's a crazy-good idea.

But fostering the idea that maybe cross-country skiing could be a viable means of winter commuting is also taking a bunch of winter desire lines—the informal cross-country ski paths people in the community have been setting for years—and formalizing them as a community resource.

Shauna Rae, co-founder of Ski2LRT, says she



Columnist Jay Smith says the 'desire routes' have been cut in the snow leading conveniently to the Ski2LRT zone, which has a sturdy lock up for commuters' skis. JAY SMITH/FOR METRO

started skiing five years ago, cutting her teeth (and sometimes the track) on the snowy berms alongside 34th Avenue. A summer cyclist who vastly prefers skiing to winter cycling, she thought it made sense to give people like her the chance to ski commute.

So she put out a call to skiers in the community. She ended up learning a lot about routes but also began to meet who she calls "neighbourhood Nordic champions"—people who have

been setting track on the boulevards and berms for years. These hardcore skiers see ski trails where others see snowdrifts, strapping on their equipment as soon as they can after a snowfall and cutting trail for others to follow. (Cutting trail, if you're not a skier, is miserable work. Depending on the depth of snow, you don't really ski as much as trudge.)

These informal routes, if you go to Ski2LRT's Facebook page, have now been mapped out. This

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year, Rae says, they have purchased a human-pulled trail groomer and are in the process of obtaining the permits required for machine grooming. "A lot of people don't like skiing on people-set tracks," she explains. "It's harder; it's not as fast." She adds that machine grooming can renovate icy track and, in the end, just makes it easier for more people to get out and ski.

This process, turning a tangle of individual ski paths to a system of well-groomed trails, and bringing together local skiers, is the happy consequence of beginning to think of skiing as a commuter activity. (Even if the lockup itself has yet to fill up as quickly as the park-and-ride lot.)

The problem for my daughter and I, as we wandered around trying to find these paths, is that the mapped routes were still buried in snow, and we didn't have any desire, so to speak, to go anywhere in particular. Finally, we walked to the edge of a snowy berm, strapped on our skis and set a bit of trail of our own. Maybe, since then, a few others have followed in our path.

Jay Smith is a writer who has cycled, walked and run on Edmonton's streets and pathways her entire life. Her status as an alt-transit diehard includes raising her two kids without a car (or a licence) until last year.

Doctor-assisted suicide

With the Supreme Court striking down Canada's ban on doctor-assisted suicide, the country has one year to write a new law. Two affected parties share their take:

THOSE SUFFERING GIVEN A CHOICE

WANDA

MORRIS

readers@metronews.ca

Every year, thousands of Canadians die under horrific circumstances, suffering prolonged pain and anguish until the very end.

Improved palliative care would help many. But for others, the relief they seek is only possible with physician-assisted dying (defined as prescribing or administering medication with the intention of ending a patient's life).

We hear too many stories about those who end their lives violently or prematurely because they can't count on assistance when they need it or who live through to the end and experience great pain as a result.

Friday's decision makes us hopeful that tragedies like these will soon become a thing of the past.

One of our supporters had terminal cancer and spoke about how she envied her cat, Sparky. She knew that if Sparky was experiencing great suffering, a vet would help Sparky die in her arms. All she wanted was

to have the same choice for herself.

Friday's judgment came too late for her. But others will soon have that choice.

The court has given policy-makers a year to put new rules in place. Soon, there will be an alternative for individuals facing chronic, intolerable suffering at end of life.

At DWD Canada, we've always believed the evidence from other countries that shows we can provide choice to the dying and protect our weakest and most vulnerable citizens. The Supreme Court has given Canadians choice; now, we must stand guard to make sure necessary safeguards are put in place.

Life is precious, and very few of us would want to shorten our lives by even a single day.

But now, Canadians have the peace of mind that comes from knowing that if the worst comes to the worst, they'll have a last possible alternative.

Wanda Morris is the CEO of Dying With Dignity Canada.

DECISION AS IT STANDS IS DANGEROUS

DEAN

RICHERT

readers@metronews.ca

On Friday, the Supreme Court of Canada struck down the law prohibiting physician-assisted suicide.

The decision as it stands creates the potential for the most permissive and least restrictive criteria for assisted suicide in the world, putting persons with disabilities at serious risk.

It is extremely troubling for people with disabilities and their communities to see the court's inclusion of "disability" as a possible "grievous and irremediable medical condition."

The court left it open as to which types of disability are included and which are excluded. Who is to decide what disability is a grievous and irremediable medical condition?

Note that the Court did not say that asking a doctor to help you die is restricted to someone diagnosed with a terminal illness who will die within six months, as is required

in the states of Washington and Oregon. Instead, it allows assisted suicide on the basis of physical or psychological suffering. This places people with serious mental-health issues at risk, as well as people who have not yet come to grips with their disability.

Further, the ruling does not adequately address the issue of coercion.

Will a person's wish to die be manipulated in any way? What is the process for discovering such coercion? Seeking consent to help someone commit suicide is complex and fraught with uncertainty.

The Council of Canadians with Disabilities is calling on Parliament to place crucial safeguards on the Court's judgment to limit access to assisted suicide. People with disabilities and their organizations must be included in this process precisely because the impact of this ruling can lead perilously close to a "better to be dead than a burden" mentality.

Dean Richert is chair of the Ending of Life Ethics Committee for the Council of Canadians with Disabilities.

Gossip

NED EHRBAR

METRO'S TAKE ON
THE WORLD OF
CELEBRITIES



Amber Heard and Johnny Depp ALL PHOTOS: GETTY IMAGES

One wedding isn't enough for Johnny Depp and Amber Heard

Johnny Depp and Amber Heard are, like, extra married now.

After blindsiding gossip-mongers last week with a surprise knot-tying in L.A., the happy couple headed down to the Bahamas as planned for a lavish, intimate ceremony on Depp's own island, Little Hall's Pond Cay.

Photos of the island over the weekend showed

a lovely canopy set up on one of the island's several beaches, along with 24 chairs.

"Amber did her own hair and makeup, and Johnny was as laid-back as usual. But there has been a genuine glow about them since Wednesday, when they officially became man and wife," a source tells the Sunday Express.

"They wanted to do it

all again on the beach and ... (celebrate) with friends, because they love the island and want it to be a continuing part of their lives together."

It's unclear which beach the ceremony took place at, but one of them is named after Depp's ex-partner, Vanessa Paradis.

Going to go out on a limb and guess it wasn't that one.

Jennifer Lawrence is now getting unsolicited help in her campaign to be the most down-to-earth star on the planet. While celebrity chef Wolfgang Puck was giving a preview of his annual post-Oscars Governors Ball menu, he couldn't help offering up a side of charming J.Law anecdote. "She didn't know who I was," Puck remembers of the 2013 gala, after Lawrence won her Best Actress trophy. "Her publicist said, 'That's Wolfgang Puck.' She says, 'Oh my God, I eat his canned soup all the time!' I thought that was very funny." And charming!



Jennifer Lawrence



Everything isn't awesome for the *Lego Movie* directors, who were passed over for an Oscar nomination. CONTRIBUTED

Lego Movie directors are still mad at Academy

Crowd-pleaser *The Lego Movie* took home a BAFTA this weekend for Best Animated Film, but that apparently doesn't quite wash away the slight of being passed over for an Oscar nomination. While accepting their award in London, co-directors Phil Lord and Chris Miller didn't let the opportunity

pass to make a dig at the Hollywood elite who left them out of the big show. "You are our favourite Academy by far," Lord said from the BAFTA stage. "You guys win the award for best Academy. This is the end of the awards road for us, so we can say whatever we want. There's no one left to impress."

SCENE



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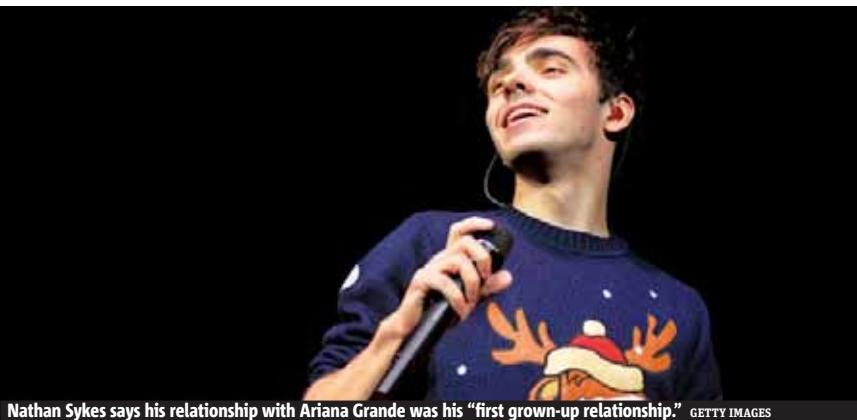
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Nathan Sykes says his relationship with Ariana Grande was his "first grown-up relationship." GETTY IMAGES

Nathan Sykes uses Grande heartbreak to make music

Interview. Former member of The Wanted opens up about his breakup with singer Ariana Grande

Ariana Grande may be happily in love with Big Sean, but before things heated up with her

Right There collaborator, she dated The Wanted (remember them?) band member Nathan Sykes. Now that The Wanted are broken up, Sykes has been in the studio recording some solo songs, and one in particular is about his famous ex.

"The most emotional song is about me telling myself not to be angry about the breakup because sometimes things just don't work out," he tells The

Sun. And he didn't hold back revealing more details about their breakup to the paper: "The time we broke up was really tough. The Wanted decided to take a break and I lost my granddad. I was not in the best place. She was my first grown-up relationship. But sometimes you have to go into a place like that to be able to find the best music out of it."

EMILY LAURENCE/METRO IN NEW YORK



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Music business

Where to flow those streams of gold?



SOUND CHECK
Alan Cross
scene@metronews.ca

It's not quite the garbage anti-vaccine whackos are spreading, but much of what's being reported on the payouts made by streaming music services — Spotify, Rdio, Deezer, YouTube and so on — is pretty ridiculous.

You've probably heard stories about artists who receive royalty cheque pitances despite having their songs streamed hundreds of thousands if not millions of times. It seems obscenely unfair. But wait.

First, music streams cannot be equated with music sales. Streams are occasions of individual listens. Artists are paid according to the exact number of people who listen to a given song whenever an individual selects it to be played. That payment is frac-



Artists should be looking to their record labels before complaining about streaming money. ISTOCK

tion of a cent — but it's still something for each and every play a song gets. Compare this to listening to a song on the radio. Radio stations pay a series of fees for the privilege of playing music as part of their business. Those fees are based on a percentage of the pre-tax gross ad revenue of the station. The more the station makes, the more it pays out to artists and composers. Hundreds of thousands of people may hear a song when it's played on the air one time. And guess what each play is worth? A fraction of a cent.

So if you're going to com-

pare streaming payments to anything, it should be to what artists get for radio airplay, *not* revenues from sales.

Next, consider how streaming fees are set. Record labels, music publishers and music collectives — the people expected to have the artists' interests front-and-centre — negotiate with streaming services over rates. From there, it goes to the Copyright Board for a definitive ruling. Streaming services aren't just being arbitrarily stingy; they're told what to pay.

Finally, let's look at how these payments are divided up. A recent audit of Deezer in France looked at where the company's payments go. Post-tax, out of each 10-euro monthly subscription rate, 11 per cent goes to the artists, 16 per cent to the writers/publishers and 73 per cent to the major labels. Huh.

It's not clear if similar splits exist in other territories because the payout process is opaque. But if it is, then artists' beefs over streaming payouts are not with Spotify, Rdio, et al. It's with the labels and people who are supposed to be looking out for them.

Singer invites fans to watch her record — inside a box

Recording. PJ Harvey creates a public studio surrounded by one-way mirrors at a London arts centre

From within a jungle of musical instruments and audio cables, a voice flows like nectar. British singer PJ Harvey recording her ninth studio album in front of an audience hidden by one-way mirrors.

The 45-year-old rocker, wearing headphones and a black trouser suit, is surrounded by musicians and her producer, Flood.

"And one, two, three, four," she counts, before attempting yet another version of a track for her new album, the first since 2011.

The box-shaped studio is designed to accommodate an audience, and is built inside the neo-classical arts centre of Somerset House on the bank of London's River Thames.

"I was looking for a space to record in London and knew I didn't want it to be a conventional recording studio," Har-



British rocker PJ Harvey. AFP

vey said.

She explained that her songs often take on the atmosphere of the recording space, and that the "resonance" of Somerset House — originally a Tudor palace that later housed the Royal Navy command and tax office — chimes with some of the album's historical themes.

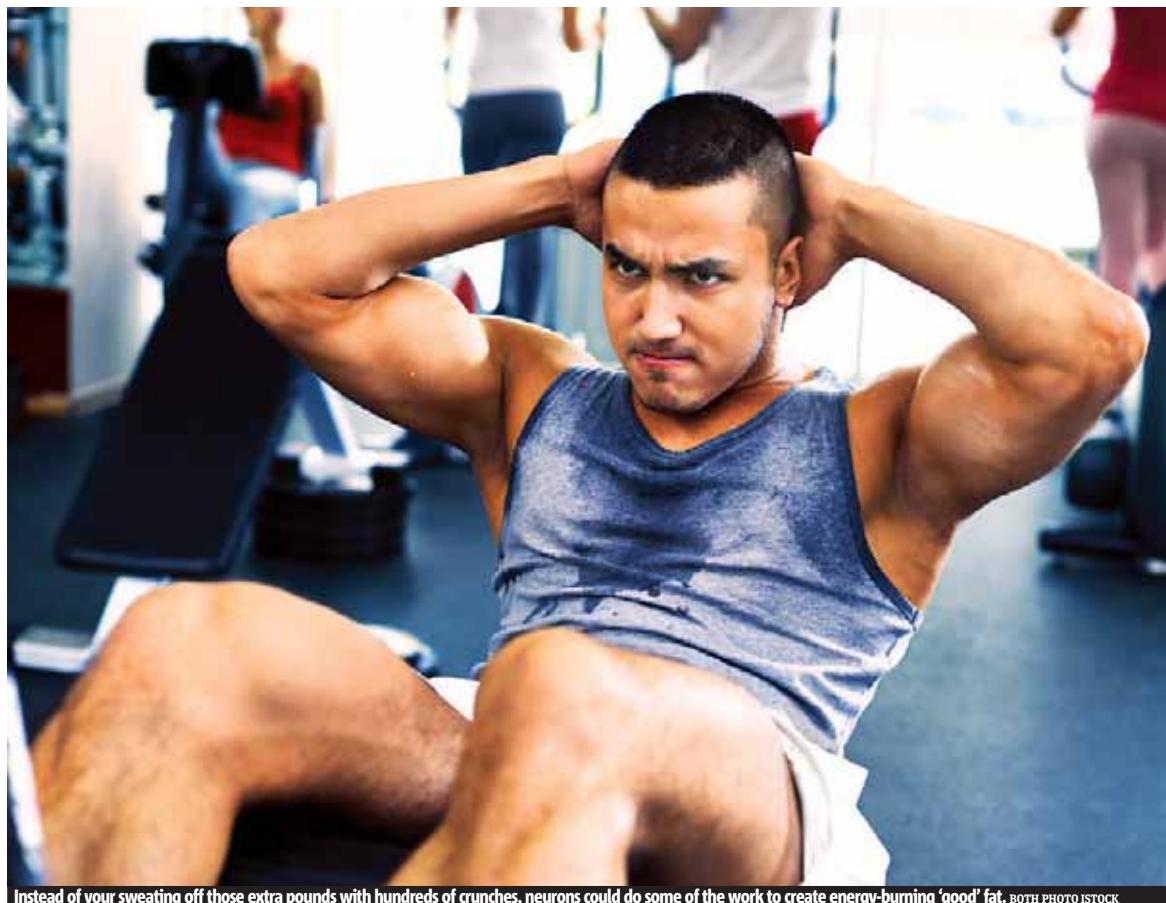
The public can attend the sessions in groups of 40. The studio is an enclosed white box, with one-way glass allowing the audience to witness the process while remaining invisible to the musicians, transforming

the process into "sculpting in sound," Harvey said.

The musician had once hoped to become a visual artist — she gave up the chance to study sculpture at London's Central St. Martins art college to record her 1992 debut album Dry — and visual art remains a "prime inspiration."

"I want it to operate as if we're an exhibition in an art gallery," Harvey said. "I like the idea of the vitrine, that you're looking into a glass display case at a record being made."

AFP



Instead of sweating off those extra pounds with hundreds of crunches, neurons could do some of the work to create energy-burning 'good' fat. BOTH PHOTO ISTOCK

Burn starts in brain

Weight loss. Brains rather than brawn could hold the key to staying thin, research shows

The brain could be a powerful fat-burning tool, say scientists at Monash University in Melbourne who discovered that two naturally occurring hormones interact to convert energy-storing white fat into energy-burning, "good" brown fat.

"Turning white fat into brown fat is a very exciting new approach to developing weight-loss agents," says lead author Professor Tony Tiganis from the Department of Biochemistry and Molecular Biology.

ogy. "Eventually, we think we may be able to help people lose weight by targeting these two enzymes."

One of the enzymes, leptin, is an appetite suppressant that's generated in fat cells and the other is insulin, which comes from the pancreas when levels of glucose in the blood start to rise.

Professor Tiganis' research shows that the two hormones act together and persuade a group of neurons — called proopiomelanocortin (POMC) neurons — in the brain to convert the fat from white to brown, thereby igniting the fat-burning process.

"These hormones give the brain a comprehensive picture of the fatness of the body," says Professor Tiganis.

"Because leptin is produced by fat cells, it measures the level of existing fat reserves — the more fat, the more leptin. Whereas insulin provides a measure of future fat reserves because glucose levels rise when we eat."

If all this has you wondering why you can't just think your way skinny, chances are enzymes called phosphatases that inhibit the actions of leptin and insulin could be working against you.

Professor Tiganis' team found that when phosphatases were reduced, more brown fat was created and more fat was burned.

Don't give up your diet or relinquish your gym membership just yet: Professor Tiganis says any potential therapy

based on his team's research is still a long way off.

Brown fat cells, also called adipocytes, occur most densely around the neck and shoulders, according to the researchers, whose study was published in the journal Cell.

That white adipocytes can be converted to brown has been suggested by several studies revealing a variety of methods to do so.

For example, a study at Maastricht University Medical Centre in the Netherlands says it's possible to create brown fat by keeping your surroundings cool, while another published in the journal Cell Press indicates that Mirabegron, a drug normally used to treat an overactive bladder, could also do the job. **AFP**

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Tips

Save on gym memberships

Max out trials

Finding the right gym fit is key. A great way to check out classes, instructors or an overall environment is to take advantage of freebies. Money-saving expert Andrea Woroch in Bakersfield, Calif., said many gyms offer up to a full week free. Salespeople may try to entice during trial periods with limited-time discounts, but don't bite if it doesn't feel right. Move on to another gym until you find the right one. "You want to test out the equipment, go at the time that you typically think will fit into your schedule, whether it's after work, at lunch. See what the crowds are like," she said.

Try haggling

Think of signing up for a gym membership the same way you would buy a car, Woroch said. Salespeople have quotas and that puts you in the driver's seat. Perhaps you can score a lower monthly rate or have the initiation fee waived. Ask for the first month free, more guest passes, extra personal training sessions or complementary child care. "There's always wiggle room," she said.

Coupons, warehouse clubs and daily deals

Look around. Sites like Groupon and Living-Social often offer deep discounts of up to 70 per cent on local gym memberships and personal training.

THE ASSOCIATED PRESS



3
TIPS

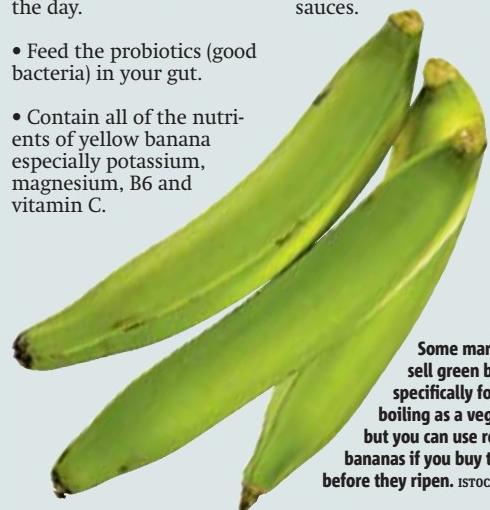
Theresa's tips

Preparing a delicious new savoury starch

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Move over potatoes, bananas are the new side dish. On a recent trip to the Dominican Republic, I tried a Caribbean specialty of boiled banana and onions. Turns out that green bananas are used as a savoury starch and they are quite delicious. Green bananas:

- Contain more resistant starch than yellow, which means that they are slower to digest and won't cause a blood sugar spike.
- Are lower in simple sugar than yellow bananas.
- Are a resistant starch that makes you feel fuller over the day.
- Feed the probiotics (good bacteria) in your gut.
- Contain all of the nutrients of yellow banana especially potassium, magnesium, B6 and vitamin C.



Some markets sell green bananas specifically for boiling as a vegetable, but you can use regular bananas if you buy them before they ripen. iSTOCK

Some markets sell green bananas specifically for boiling as a vegetable, but you can use regular bananas if you buy them before they ripen. The process couldn't be simpler:

- Green bananas can be hard to peel, but you don't want to simmer them with the peel on just in case there are pesticides or herbicides.
- Lop off the top and bottom and score the skin, then peel in pieces rather than whole.
- Bring a pot of water to boil with sliced onions, salt, and just enough water to cover the bananas.
- Immerse bananas, cover and simmer for 20-30 minutes just until you can poke them with a fork easily.

Crank up the heat in the house, turn on some steel drum music and set the table with a variety of hot sauces.

Dinner. Whitefish, onions, carrots and a surprising ingredient make for a fast meal

FLASH FOOD

From your fridge to your table in 30 minutes or less

This cheap, fast meal has all the flavour of the Caribbean but none of the cost of the flight.

Boiled green bananas are a local specialty that replace potatoes as a side dish.

Directions

1. Bring a large pot of water to the boil with salt. Cut onions into rings and add to the water, cover and simmer while you peel the bananas and carrots. (To peel green bananas, cut off both ends, score the length of the skin and remove in pieces.) Slice carrots into thick rounds and bananas into 3-4 pieces. Add

Ingredients

- 1 teaspoon salt
- 2 whole onions
- 4 small green bananas
- 4 carrots
- 1 tbsp butter
- 2 cloves garlic
- Salt and pepper, to taste
- 4 small whitefish fillets



TOTAL TIME
ABOUT 30 MINUTES

This recipe for Boiled Green Banana Dinner serves four. TERESA ALBERT

to boiling water and cover for 20 minutes to simmer.

2. Meanwhile, heat skillet and add butter and garlic. Salt and pepper the fish and

add to the pan when it is sizzling. Flip once and cook through for 6-10 minutes.

3. Drain water and serve bananas, carrots and onions

with fish over top.

TERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @TERESAALBERT ON TWITTER AND FOUND DAILY AT WWW.MYFRIENDINFOOD.COM

Red beans and rice are a healthy, budget-friendly choice

This recipe serves eight. MATTHEW MEAD/THE ASSOCIATED PRESS

Directions

1. In a large, heavy saucepan over medium-high, heat the oil. Add the onion, celery, red pepper and ham and sauté until vegetables are tender and meat starts to turn golden, about 7 minutes. Add garlic, chili powder, cumin and thyme, then cook for 2 minutes.

2. Increase heat to medium-high, then add the wine and stir to deglaze the pan. Stir until the wine bubbles and mostly evaporates, about 1 minute. Add the chicken broth and kidney beans, bring to a simmer, then lower the heat, cover and simmer for 30 minutes.

3. Meanwhile, in a large saucepan over medium-high, bring the water to a simmer. Add the rice and a pinch of salt, then cover and reduce heat to maintain a simmer. Cook for 15 minutes, or until the water is absorbed and the rice is fluffy.

4. Once the beans are done, stir in 2 teaspoons of vinegar. Taste and season with salt, pepper and more vinegar, if needed. Spoon the rice into serving bowls, then top with the beans and fresh cilantro or parsley.

THE ASSOCIATED PRESS/FOOD NETWORK STAR MELISSA D'ARABIAN, WHO IS AUTHOR OF THE COOKBOOK, SUPER-MARKET HEALTHY

Ingredients

- 2 tablespoons olive oil
- 1 yellow onion, finely chopped
- 1 large celery stalk, chopped
- 1 small red pepper, cored and chopped
- 6 ounces cooked ham, cubed (about 1 cup)
- 3 cloves garlic, minced or pressed
- 1/2 teaspoon chipotle chili powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon dried thyme
- 1/4 cup dry white wine
- 3 cups low-sodium chicken broth
- Two 15-ounce cans red kidney beans, drained and rinsed
- 3 cups water
- 2 cups long-grain white rice
- Kosher salt
- 2 to 3 teaspoons cider vinegar or white vinegar
- Ground black pepper
- Fresh cilantro or parsley, chopped, to garnish

Event management bootcamp at NAIT

Edmontonians love to gather and celebrate, whether it's at a festival, a fundraiser, or conference.

But these events don't happen on their own. They need skilled organizers, people who can plan and smoothly manage these events. That's why NAIT offers an Event Management Certificate. It's aimed at those who are considering a career in event management, as well as experienced event planners looking for professional development.

"It's exciting to be one of the instructors of the event management program at NAIT, especially when I'm able to bring this newly shaped program to the next generation of event planners," said Shelley Switzer, NAIT instructor and producer of the Edmonton Street Performers Festival.

"Students can design their own path with courses that suit their needs, interests and previous experience," says Nancy Milakovic, program manager, Business and Hospitality, Continuing Education at NAIT. "Those wishing to earn certification can do so with any combination of courses that total 175 hours."

"The program allows you to choose a stream of courses to create a specialization. These are a group of compulsory courses focus on a particular aspect of the industry. Currently we offer two specializations, one in program Planning and one in Operations. "Boot camps in each Event Management Specializations have been created so students can spend an intensive three weeks taking all the core course requirements for a specialization.

Students learn industry trends, cultural perspectives and technological tools that the experts use.

Instructors demonstrate how these skills can be applied in the dynamic environment of the industry.

They will also learn how to be versatile in their abilities to lead, strategize, collaborate and help achieve the targets their clients have set.

"Event management specialists are big picture thinkers who possess a no-barriers vision while maintaining attention to detail," said Milena Santoro, instructor and president and CEO of MS Production, a



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full-service wedding and event management company."

To start your career or advance your cur-

rent one, NAIT's Event Management Certificate will prepare you for a rewarding career. For more information visit nait.ca/events.

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Audrey Blatz, director of online, Robertson College. CONTRIBUTED



Registration

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Are you a master organizer and love to plan? Do you thrive in a creative environment and enjoy working with different people?

Event planners are in demand to organize trade shows, conferences, awards ceremonies and other types of events. With NAIT's newly revamped Event Management Certificate you will learn how to implement event management tools and strategies from top industry professionals. Courses and bootcamps include a range of topics that will appeal to both the beginner and seasoned professional.

Get started anytime with NAIT's flexible weekend and evening learning options with courses running throughout the year.

For more information and to enrol visit
nait.ca/ConEd

UPCOMING COURSES

- Professionalism and Ethics (Feb 21)
- Event Design and Venue Selection (Feb 28)
- Event Management Communications (Mar 14)
- Program Planning Bootcamp (Apr 24-May 17)
- Operations Bootcamp (May 20-Jun 7)

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STUDENT SUCCESS



Pursue your dream at Robertson

While most put have probably already given up on this year's resolution, maybe there are still some worth salvaging.

If going back to school was on the list, but time is holding you back, perhaps it is time to check out some of Robertson College's online learning options.

"The flexibility of class schedules allow our students to take care of daily responsibilities as well as pursuing a dream of finishing post-secondary education," says Audrey Blatz, director of online, Robertson College.

"Robertson College Online is a great option for students that are not looking for a typical classroom setting."

While online learning may seem as if it does not have all of the advantages as in-class learning, Robertson Online students are still able to access all the services as on-campus students.

They also learn from instructors with real-world experience and are able to interact directly with them.

With the freedom of being able to access education with the click of a button, online learning makes it easier for almost anyone to access the training they desire, from almost anywhere they can get an internet connection.

"Online education allows more people access to post-secondary education," says Blatz.

"We are able to offer our programs to individuals in both rural and urban settings."

And now funding the cost of education does not need to be a point of stress in the new year either.

Robertson's online programs are now student aid approved in Alberta, opening the door for many students to pursue their career goals.

Robertson College's student finance department is committed to working with any students in need of financial assistance and helping to answer all of their questions.

And with new programs and certificates being added all the time, like the recent addition of the Project Management Certificate, there are lots of opportunities to upgrade your skills or learn new skills.

For more information or for list of online programs, visit robertsoncollege.com/irobertson-online-training.aspx.

STUDENT AID

Student aid is also available for most programs. Online students are also able to access Robertson College's Lifetime Career Services, any time after completing one of Robertson's programs. Robertson College graduates over 2,500 students every year. They offer a national employment network of over 1,000 employers.

Take one less worry out of your education

Financial aid options available at Concordia

It never hurts to get some financial help when beginning your post-secondary education.

Concordia University College offers a number of financial aid and funding options to take away one less worry when trying to achieve your educational goals.

"When students spend less time working to pay for school, they have more time to build their leadership skills and more time to give back to the community," says Margie Schoepp, financial aid and awards coordinator.

As a mother herself, Schoepp understands the time and preparation it takes for students to research and apply for scholarships and bursaries.

For students coming out of high school, it can be a difficult task to do if they are taking part in extra-curricular activities such as sports, student government, or working to save up for college. By offering a number of financial aid options at Concordia, students can find many of these resources in one place—the Concordia website.

"There is just so much information out

CHECK ONLINE FOR OPTIONS

On the Concordia website, there are a number of external scholarships and bursaries posted that pertain specifically to Concordia students.

Concordia also offers bursary assistance, which is based on financial need.

Every student can apply for this, once every academic year.

For more information about financial aid options available at Concordia, visit financialaid.concordia.ab.ca.

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Meyonohk	780-463-7627
Parkallen	780-434-8503 (New site on the Southside)

there these days for students, that it can be hard for them to find the time to search through it all," says Schoepp.

For students who are entering into Concordia straight out of high school, they are eligible to receive the guaranteed entrance scholarship. This scholarship rewards high

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Meadowlark - February 25
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Caernarvon - March 5
Dovercourt - March 18
Kildare - March 26

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school students with a minimum 75 per cent or higher award average.

Applicants must apply for admission to Concordia prior to April 1 to be considered, but there is no separate application to fill out. Concordia also offers a full-ride scholarship, called the President's Leadership Scholarship.

This is a competitive scholarship, where students must apply by April 1. If a student receives this scholarship, they are able to renew it until they are completed their program at Concordia. "We have had some amazing students come through the doors through this scholarship," says Schoepp.

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Addiction specialists needed

The recently added community service worker and addictions worker programs offered through Academy of Learning Career College, will provide an introduction to some psychology work, mental health awareness and working with the public.

"Community service worker guides members of the community towards the services and assistance they require while facing personal or social problems," says Charles Jarvis, general manager, Academy of Learning.

"They must be able to assess and meet a client's physical, medical, emotional and behavioural support needs."

Students can participate in a community service worker program, or have the option of expanding to take additional classes that introduce them to addiction worker specializations.

The program is about 43 to 51 weeks in length, but students are guaranteed to graduate in under a year with the diploma.

Since Academy of Learning offers continuous intake, there is no need to wait until September to get enroll in the community



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service worker program, or any of the Academy of Learning programs.

"We are a continuous intake - better known for start any time — college," says Jarvis.

For more information about either of these programs, visit academyoflearning.ab.ca.

Open career doors with a bachelor of social work

Social workers are professionals who use their knowledge and skills to work with diverse populations to address needs and challenges, promote social justice, advocate for change, and enhance personal and community well being.

As the only social work degree-granting faculty in the province, the University of Calgary, Faculty of Social Work, Central and Northern Alberta Region, bachelor of social work (BSW) program helps those interested to pursue a career in this rewarding field.

"A BSW is a generalist degree and can open doors to career options," says Grace Elliot, instructor, University of Calgary, Faculty of Social Work, Central and Northern Alberta Region.

Social workers work in a variety of different fields, such as municipal, provincial and federal government; community agencies; Indigenous Band Councils, health authorities, primary care networks, school boards, etc.

The social work program is not a "direct entry" program, which means that students cannot enter the program directly from high school.

All students complete two years of university study or an Alberta social work diploma



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to be eligible for the BSW program.

March 1, 2015 is the deadline to apply to the BSW program so there is still time to qualify for the September 2015 cohort.

For more information, visit fsw.ucalgary.ca/central-and-northern-alberta.



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Bilingual program expands

The Chinese Bilingual program in the Edmonton Public School system is expanding. With 2000 students in 12 schools from K to 12, Edmonton Public currently runs the largest Chinese bilingual program in North America.

"The demographic of the program has shifted in past 5 years, more Caucasian children are enrolled in the program" said Stephen Tsang, President of the Edmonton Chinese Bilingual Education Association.

Parkallen School is the new designated site, located at 6703 - 112 St., a very mature neighbourhood. The hope is this popular program will give some much needed relief to the enrolment pressure from the suburban schools

in the Southwest area. This 13th Mandarin Bilingual site will accept registration in February for Kindergarten and Grade 1 class starting September, 2015. One extra class will be added each year to fill the school.

Open house is set on March 4th at 6:30 pm. At the same time, the other 5 existing Chinese Bilingual schools — Dovercourt, Kildare, Caernarvon, Meyonohk and Meadowlark will have kindergarten open houses in late February and early March.

For information, contact one of the programmed schools in your area. Having Chinese as a second language for your child can be a powerful tool in their future.

Learn from the industry experts

Digital School Technical Design College trains students for careers in CAD (computer aided design), while making sure students learn from industry experts.

Digital School is a private vocational career college that specializes in computer aided drafting and design training, where all programs have been designed for students to complete their diploma in under a year.

"Our students have a 92 per cent graduation to employment rate with some of Edmonton's biggest architectural and engineering firms," says Charles Jarvis, general manager of Digital School.

Digital School students learn on the most relevant equipment and software, including the Autodesk platform.

"We are an authorized Autodesk training and testing facility, so we can ensure that our students are always learning with the most up-to-date programs," says Jarvis.

Digital School teaches students the leading industry trend known as B.I.M (building information modeling) so that they have the technical skills training to advance quickly



SHUTTERSTOCK

in the industry and in their careers.

Digital School is doing intakes at any time and "semesters" start every three months.

Register now and give yourself time to prepare yourself for classes to come.

The next intake is March 30. For more information about Digital School, visit digitalschool.ca.

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Making a romantic connection without the use of a keyboard

Dating. Four experts weigh in on how to engage authentically in a modern world

STEPHANIE
ORFORD
for Metro

Thanks to the Internet, there's no shortage of ways to connect with someone: dating apps, websites and matchmaking services are ubiquitous and anyone who can swipe right can get a date for Saturday night.

But you can still find your self next to an attractive stranger on a bus, or in the supermarket, wishing you knew what to say to get their attention — and affection.

Technology has been trying to bridge the gap. The new app Somebody, by writer-filmmaker Miranda July, lets users enlist a stranger to deliver their message; and ShoutzApp, based in Toronto and designed for transit users, allows people in the same vicinity to have anonymous conversations.

But when apps are being created to get us talking to the people right in front of us, it's easy to think we've forgotten how to meet in the real world.

Instead of rushing home to post a Craigslist missed connection, we've asked four experts to give us their best advice.

Personal stylist: Wear your confidence

Like it or not, your image is key to attracting the right person, says Patricia Trépanier, a personal fashion stylist based in Montreal.



Patricia
Trépanier



A comment about the weather is a good way to start up a conversation, says etiquette expert Charles MacPherson. But if you get a one-word answer, it's best to move on. iSTOCK

quotes or brand names. For men, err on the side of classy, and wear a blazer you can take off if you end up in a more casual setting.

And remember, your appearance is an indicator of your interests, values and habits.

"If you neglect your personal image, it shows that you may also neglect other aspects of your life," says Trépanier.

Speed-dating host: Be honest

When you're approaching someone for the first time in real life, "I would recommend losing the pickup lines," says Nadia Marchant, representative of Vancouver-based speed-dating service FastLife Media.

She says trying new activities — like speed dating — might feel ridiculous and awkward,



Nadia Marchant

but the such real-life experiences can be electric. Meeting in person allows people to "feel instant chemistry face-to-face," she says.

But chemistry isn't enough, so when it comes to striking up that first conversation Marchant suggests just being honest.

"Be sincere, be yourself, show confidence and just genuinely communicating the reason why you're approaching someone," she says.

She also recommends trying something physically active, like hiking or bike riding, as they're more conducive to natural conversation and maybe some laughter and silliness.

Bartender: Reveal your quirks slowly

Meeting someone at a bar might seem cliché, but sometimes it works, says Lauren Mote, bar manager of UVA Wine & Cocktail Bar in Vancouver.

Whether you're at a bar or a bus stop, the courtship dance

starts with a smile.

"If they smile back, maybe you've got a shot. Offer to buy them a drink," Mote recommends, recalling an encounter she witnessed where two patrons arrived separately, struck up a conversation, left together and returned a little dishevelled. They've been frequenting the bar as a couple ever since.

Honesty is a good policy, but Mote recommends knowing when to hold back.

"Get to know someone first before you unload all your proclivities," she says.



Lauren Mote

conversation with a hot guy or girl on the street, "first read the body language of the person and see if they are approachable," MacPherson advises.

He says an open posture can include looking into your eyes and leaning towards you. In a closed posture, they may have their arms crossed, be facing away from you or looking at other things.

If they do seem approachable, "start a conversation about the weather, how long it always takes for this bus, and if the person is receptive, start having a 'normal' fun conversation. If the person is not receptive and gives one-word answers, perhaps it's best to move on."

The care and consideration you show speak volumes about you, he says.

"Kindness and graciousness are always in style."

Etiquette expert: Court with courtesy

No matter the romantic circumstances, basic human decency goes a long way, says etiquette expert Charles MacPherson.

If you'd like to strike up a

Love notes

Taking your online love offline



Michael Harris

For online daters, bring your courtship into the real world as soon as possible, recommends Michael Harris, author of *The End of Absence: Reclaiming What We've Lost in a World of Constant Connection*.

"It's wise to arrange a quick cocktail as a first date, even if you feel like your online messaging has brought you closer than that," advises Harris.

He says the problem is that online crushes can be dangerously unrealistic. The major problem lies in the shock and disappointment you feel when the digital relationship ends, and the prospective partner doesn't perfectly mirror their online persona.

"The living person you meet may bear little resemblance to the fictitious person you've crafted in your head," says Harris. "The sound of our voices, the smell of our bodies, the little details of our postures and mannerisms are going to be utterly surprising."

He says the longer you wait to meet an online love connection in person, the bigger the letdown when your interaction doesn't match what you'd imagined.

"The joy of finding love in the 21st century is the fact that lots of dating taboos have fallen away and there's no 'correct' way to meet someone anymore," says Harris. "But this also means it's up to us to choose and be active, precisely because there is no automatic prescription."

STEPHANIE ORFORD/FOR METRO

Obituary

Former Habs coach Ruel dead at 76

Claude Ruel, who coached the Montreal Canadiens to a Stanley Cup in 1969, was a gifted hockey and baseball player in the 1950s before losing sight in his left eye.

Ruel died at his home in Longueuil, Que., on Monday at age 76 after spending his entire hockey career in the Canadiens organization, mostly in scouting and player development.

He had hoped to be an athlete and as a teenager was a promising hockey defenceman and baseball player who had been invited to the Cleveland Indians camp. But he lost sight in his left eye while playing for the Hull-Ottawa Junior Canadiens in a pre-season game in Belleville, Ont., in September 1957.

THE CANADIAN PRESS

Skiing

Maze wins gold in alpine combined

Tina Maze pulled off an impressive feat on soft snow: a cartwheel in ski boots. Her skiing wasn't too bad, either.

Maze captured gold in the alpine combined Monday, earning her third medal of the world championships on a warm afternoon when Lindsey Vonn failed to finish the slalom.

Leading after the downhill portion, the Slovenian standout used a clean slalom run to finish in a combined time of 2 minutes, 33.37 seconds. Nicole Hosp of Austria was second, 0.22 seconds behind, and fellow Austrian Michaela Kirchgasser earned third.

THE ASSOCIATED PRESS



The Oilers' Jordan Eberle shoots the puck against Devils defenceman Adam Larsson and goalie Cory Schneider on Monday in Newark, N.J. MEL EVANS/THE ASSOCIATED PRESS

The final Nail in the Devils' coffin

NHL. Yakupov scores game-winner after getting his bell rung

Nail Yakupov shook off an early mid-ice collision and scored a game-winning power-play goal in the second period to lead the Edmonton Oilers to a 2-1 victory over the New Jersey Devils on Monday night.

Jordan Eberle had the primary assist on Yakupov's goal, and helped set up defenceman Oscar Klefblom's tally as the Oilers snapped a two-game losing

On Monday

2

Oilers

1

Devils

streak. Ben Scrivens made 13 saves in sending the Devils to their second straight loss.

Edmonton (15-30-9) has the fewest wins in the NHL.

Patrik Elias scored for the Devils, who had gone 8-2-2 in their previous 12. Cory

Schneider had 22 saves, including a stop on a breakaway by Teddy Purcell with just over three minutes to play.

Scrivens wasn't seriously tested in the third period, and the crowd booted during the closing seconds.

Yakupov missed a couple of first-period shifts after a collision with Devils forward Steve Bernier. He was down on the ice for at least two minutes and didn't return until late in the period.

The Oilers, who hadn't tallied a power-play goal in six games, took a 2-1 lead when Yakupov scored from the right

Milestone

1,000

Patrik Elias was honoured before the game for scoring his 400th goal, 600th assist and 1,000th point in his career this season.

circle at 12:45 of the second period as Devils defenceman Adam Larsson served a delay of game penalty for shooting the puck into the crowd.

Edmonton had only scored one goal in losing its last two games. THE ASSOCIATED PRESS

Silva dropped from The Ultimate Fighter

The UFC has pulled Anderson Silva from The Ultimate Fighter Brazil 4 at the request of the Nevada State Athletic Commission.

The former UFC middle-weight champion tested positive for two steroids in an out-of-competition test last month.

In a statement last week, the UFC said Silva, who



Anderson Silva
GETTY IMAGES

has denied cheating, would continue in his role as coach on the reality TV show. But it subsequently changed its mind.

THE CANADIAN PRESS

NBA

Unibrow nursing injured shoulder

The New Orleans Pelicans say all-star forward Anthony Davis sat out Monday night's game against Utah because of a sprained right shoulder.

He has been listed as day-to-day, meaning his status for Wednesday night's home game against Indiana remains uncertain. THE ASSOCIATED PRESS

VegasWantsHockey kicks off ticket drive

Canadian poker star Daniel Negreanu knows a thing or two about odds. The Toronto native and lifelong hockey fan thinks Las Vegas has a 92.4 per cent chance of getting an NHL team.

Prospective owner Bill Foley and his company, Hockey Vision Las Vegas LLC, get to prove it beginning Tuesday when the VegasWantsHockey season-ticket drive gets underway. The goal is to get at least 10,000 full-season deposits to show there's significant fan interest in an NHL expansion team beginning play in the desert for the 2016-17 season.

Negreanu is helping to sell NHL hockey to the people of Nevada and already has his four season tickets reserved.

THE CANADIAN PRESS

4
SPORTS

Spurs' Pop reaches 1,000-win milestone

NBA. Comeback victory adds to 5-time champion's already packed résumé

Gregg Popovich's grand plan has produced plenty of wins.

The Spurs made it an even 1,000 for him on Monday night.

San Antonio rallied from a 14-point fourth-quarter deficit and got an 18-foot baseline jumper from Marco Belinelli with 2.1 seconds left to give Popovich a milestone 95-93 victory at Indiana.

"I've been here a long time and I've had good players. That's the formula," Popovich said. "Getting the players is difficult, but I've been fortunate to have good ones. The time, that's the most important element. You have to be around for a while, I guess."

Popovich celebrated in his typical low-key way. He



Spurs head coach Gregg Popovich

ANDY LYONS/GETTY IMAGES

walked to mid-court, put an arm around Pacers coach Frank Vogel, hugged one of his former players and stoically strolled into the Spurs' locker-room — though he later acknowledged he might drink some wine.

While Popovich does have five NBA championships, few

mid-season wins have come with this much fanfare.

Only two coaches, Phil Jackson and Pat Riley, reached 1,000 wins faster than Popovich. Only one other coach, Jerry Sloan, achieved the feat with one team. Sloan won 1,127 games with Utah. Popovich is 1,000-462 in 19 NBA seasons, all with San Antonio.

His regular-season winning percentage (.684) ranks fifth all time. His playoff winning percentage is seventh (.623), though only two men in front of him coached more than 100 post-season games: Jackson and Billy Cunningham.

And it came on the most fitting stage of all for the Indiana native. Popovich was born in northwest Indiana and grew up playing high school basketball in Merrillville, Ind.

But it was Popovich's players who wanted this win most — and it showed, as they erased a nine-point deficit over the final 5 1/2 minutes.

THE ASSOCIATED PRESS



Wild bowl over Canucks

Wild centre Mikko Koivu checks Vancouver Canucks left-winger Alex Burrows off the puck during the first period on Monday night in St. Paul, Minn. Jason Pominville and Ryan Suter scored power-play goals and Devan Dubnyk earned another victory in the net, guiding the Minnesota Wild past the Vancouver Canucks 5-2 for their sixth straight win in regulation. It was Dubnyk's eighth win in 10 starts as the former Oiler's career renaissance in Minnesota continues. He was named the NHL's first star of the week earlier Monday after posting back-to-back shutouts last week.

ANN HEISENFELD/THE ASSOCIATED PRESS

New York Yankees

Tanaka's elbow on the mend

New York Yankees pitching coach Larry Rothschild says off-season reports on Japanese ace Masahiro Tanaka's right elbow have been positive.

"So far he's felt good," Rothschild said Monday.

THE ASSOCIATED PRESS

Universiade

Canada's women curlers stay unbeaten in Spain

Canada's women's curling team posted two more wins on Monday to remain undefeated and secure first place in the round-robin portion of the 27th Winter Universiade tournament.

Winnipeg skip Breanne Meakin and her Carleton University squad improved to 8-0 thanks to an 8-7 extra-end win over Norway (4-4) and 9-7 win against reigning Universiade champion Russia (6-2).

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Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Don't try too hard to prove yourself to people who you do not respect. You are under no obligation to even to acknowledge their existence.

♉ Taurus

April 21 - May 21

You have set your heart on something and you intend to see it through, no matter what the critics might say. So what are you waiting for?

♊ Gemini

May 22 - June 21

Someone in a position of authority will be rather critical of your work but don't lose heart. They think you could do with a little push to get you going. They could be right.

♋ Cancer

June 22 - July 23

No matter what negative things may happen you must laugh at them long and loud. If you look on the dark side, you will only make matters worse. Think yourself happy.

♌ Leo

July 24 - Aug. 23

Make a real effort to focus only on the facts today. Take advice with a large pinch of salt, especially when it's your money they are talking about.

♍ Virgo

Aug. 24 - Sept. 23

Push ahead with your number one plan, no matter how many people say you must be either mad or bad. They are scared you will show them up — and they're right, you will.

♎ Libra

Sept. 24 - Oct. 23

Don't blame yourself unduly for some kind of mistake — either it wasn't your fault at all or it was the kind of thing that can happen to anyone.

♏ Scorpio

Oct. 24 - Nov. 22

You will have to seek assistance from people whose knowledge is superior to your own. You can carry on alone but it won't be long before you need help.

♐ Sagittarius

Nov. 23 - Dec. 21

Someone will be hard to pin down but before you get angry consider it may be what they want you to do. If you lose your temper it will just make them look good.

♑ Capricorn

Dec. 22 - Jan. 20

You may find it hard to get a straight answer from someone but you don't need their input, still less their permission, so stop trying to be so polite.

♒ Aquarius

Jan. 21 - Feb. 19

Someone's dishonesty may shock you but you only have yourself to blame. The signs have been there but you chose to ignore them. Now what are you going to do about it?

♓ Pisces

Feb. 20 - March 20

Someone will be vocal in their criticism of you but they mean well. Listen to what they have to say and accept that at least some their criticisms are valid.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

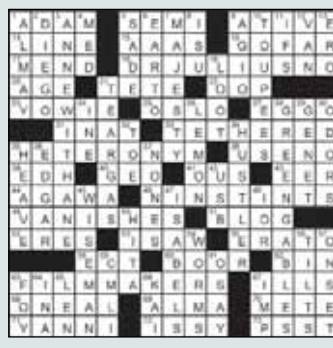
1. Twin brothers Daniel or Henrik of the Vancouver Canucks
6. Dad's dad
11. Commonly, poetically
14. Reflection
15. Madagascar animal
16. Ms. Bainter of "Jezebel" (1938)
17. Leonard of "Star Trek"
18. Total eclipse phenomenon
19. Certain conifer
20. Above
21. Quebec meat pie
23. All that glitters ___ gold
25. Bit of Elton John's "Your Song": "I ___ the roof..."
26. Ill-tempered
30. 'The Finals' org.
32. "Fantasy Island" boss: 2 wds.
35. Takes one's turn at trying: 3 wds.
38. "C'est la ___!"
39. Circus barkers
41. Director's "Stop!"
42. Fruitlessly: 2 wds.
44. Quick-photos-messaging app
46. Ms. McGillis, to pals
47. Beast slain by Beowulf
49. Mr. LeBlanc, Governor General of Canada from 1995 to 1999
51. Bard's below
55. ___ Arc (Circular formation on the Quebec side of Hudson Bay)
59. Mystique
60. The Monkees hit: "___ Believer"
61. Pine tree stuff

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Down

1. Mount of the Bible
2. Gives off
3. Matt of movies
4. Storied monster of Lake Simcoe in southern Ontario
5. Napoleonic Wars marshal
6. Feed fully
7. San ___, Italy
8. Surprise attack
9. British singer of "One Night in Bangkok": 2 wds.
10. ___ & Whitney Canada (Aircraft engine company)
11. "Caline de Doux Blues" Quebec band
12. Honest
13. Pericles, Prince of ___
22. They're electrically charged
24. Ms. Bingham of "Baywatch"
27. Zest-in-a-recipe source: 2 wds.
28. Kiev's li'l land
29. Burn a fragrant stick
31. Madrid 'water'
32. 1006 in ancient Rome
33. Hockey arena area
34. Changed decisions
36. ___ Colorado
37. Senators, on scoreboards
40. Bed-and-Breakfast
43. Many: 2 wds.
45. In a hitch-free way
48. Hen hangouts
50. Bette's "All About Eve" (1950) role
52. Pulitzer-winning poet W.H.
53. Mr. Williams of "Hair" (1979)
54. Severe
55. Canadian actress Ms. Dobrev
56. "Titanic" (1997) actress Suzy
57. Tailed toy
58. ___ donor (Unknown benefactor)
62. Sit-___ (Exercises)

Yesterday's Crossword



Online

See today's answers at
metronews.ca/answers



Conceptis Sudoku by Dave Green

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Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

3	1	7	4	5	2	8	9	6
6	5	8	9	7	1	4	3	2
4	2	9	8	3	6	7	1	5
5	9	4	6	1	7	2	8	3
1	3	6	5	2	8	9	7	4
8	7	2	3	4	9	5	6	1
7	4	5	1	8	3	6	2	9
2	6	1	7	9	4	3	5	8
9	8	3	2	6	5	1	4	7

9	7	6	6
5	3	4	7
4	6	8	8
2	7	6	4
1	3	3	1
3	5	8	1
7	6	1	3
1	1	3	3

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